

## SWIM LEVELS:

**Beginner:** Children who cannot swim, or place their face in water are considered a beginner. Beginners will work on assisted floating, introduction to kicks and arm movement, while increasing confidence around the pool.

*Goal: Bobs, Bubbles, Floats, swimming on back and front with assistance.*

**Advanced Beginner:** Advanced beginners should be able to swim on their backs and front unassisted, and comfortable putting face in water and submerging. This level focuses on swimming independently, while practicing freestyle, and backstroke techniques.

*Goal: Independent bobs, introduction to rotary breathing streamlines, floats, basic freestyle & backstroke techniques.*

**Intermediate:** Intermediate level swimmers will be taught refined freestyle and backstroke skills to increase stroke efficiency. Diving and pool length increases occur during this level.

*Goal: Refine freestyle and backstroke skills, independent dives, 25 yard swim length (both backstroke and freestyle).*

**Advanced:** Advanced swimmers will be introduced to butterfly, and freestyle strokes. Elements of competitive swimming for each stroke will be taught.

*Goal: Complete butterfly & breaststroke skills, refine swimming skills taught in past lessons, become comfortable swimming multiple laps.*

**Private & Semi-Private Lessons:** We offer private and semi-private (**no more than two participants**) lessons. Each lesson lasts 30 minutes. Upon signing up for a lesson package, you will be prompted to fill out our "Private Lesson Goal Sheet" and sign our release form.

<b>Private Lesson Pricing:</b>	<b>Semi-Private Lesson Pricing:</b>
6 Lessons:     \$120	6 Lessons:     \$110

## Swimming Lessons Information Sheet

**SWIM LESSON REGISTRATION:** Registration and payments are made through emailing [aquatics@telhai.org](mailto:aquatics@telhai.org) We accept payment via postal mail (check only) or phone (credit card) to 610-273-9333 ext. 2441.

**SWIM LESSON PROGRESSION:** We at Tel Hai believe in consistency and repetition for successful progression of swim lesson skills. To aide in the progression of skills we will be introducing a new registration program. Beginning 2024, towards the conclusion of the running session registration will open first to current participants. You will be prompted to notify your instructor before your last day of lessons if your swimmer will continue on to the next session. Payment will be due at that time. Once all current swimmers have registered, at that time the class will open for new participants.

**SWIM LESSON POLICY:** We do not offer credits, refunds or make-ups for missed lessons or swim team practices due to inclement weather, school events, vacations, or illnesses. We will try to run on deck safety lessons if lessons are delayed or end early due to thunderstorms. We do prorate lessons for the holidays and swim meets that affect any scheduled lessons. Registrants and guardians shall follow all pool policies and procedures set forth by Tel Hai Retirement Community, including but not limited to locker room rules, pool-deck rules, and parking restrictions. All activities, including use of the pool, have inherent risks. Registrants and guardians assume all risks for the health and well-being related to and by participation in any and all Tel Hai activities. All registrants must be potty trained to participate in group lessons. Registrants and guardians must waive, release, absolve and agree to hold harmless the facility, or any other persons involved with Tel Hai upon registration.

**INCLEMENT WEATHER POLICY:** The Weather Hotline 610-273-4050 will be updated when applicable. We cover a large area so keep in mind that it may be storming in your area, but not in ours. If you have swimmers in lessons, or on swim teams, please call the Weather Hotline, and check your email before coming to pool if severe thunder or lightning is present in the area. Also, check for 'Severe Winter Weather' especially in areas throughout the Twin Valley School District or Coatesville Area School District.

### **NOTE TO PARENTS:**

- Please enter our community using the 'West Entrance.' Speed limit is 20MPH. 'Reserved' spaces are for residents only. Once parked, please use the 'Health Suite' entrance and follow signs. Upon registration you will receive an access code to enter through the health suite doors.
- Please drop off participants on the pool deck entrance.
- We ask you use the bleachers for spectator seating to limit distractions your child might have if you were present on the pool deck.